

## PREPARING FOR LABORATORY EXAMINATIONS

The results of laboratory tests are affected by many factors, such as eating, stress, coffee, tobacco, alcohol, medicines, natural products and vitamins. **Smoking, alcohol and physical exertion should be avoided 24 hours before sampling.**

It is recommended to sit for about 15 minutes before blood sampling to allow the blood circulation to stabilise.

### BLOOD SAMPLE

- YOU MAY EAT AND DRINK** on the morning of the sampling and take your usual morning medication, unless otherwise agreed with your doctor. You may drink moderate amounts of water.
- DO NOT EAT OR DRINK for at least 10 hours before the sampling.** You can drink one glass of water. You can take your usual morning medication, unless otherwise agreed with your doctor. In sampling requires fasting, a small letter **f** (for example fS-Trigly) prefix is added to the title.
- A SAMPLE IS TAKEN AT A PARTICULAR TIME OF DAY** if the daily variation is significant and affects the result (for example S -Korsol, S -Testo, fS-Fe, S -T4-V).  
Sampling before \_\_\_\_\_ **or** between \_\_\_\_\_ - \_\_\_\_\_.
- THE TEST IS TAKEN BEFORE THE MEDICATION.** (for example, S -TSH, S -T4-V, medicinal contents)

### URINE SAMPLE

- MID-URINE STREAM SAMPLE** (for example U -Kemseu, U -BaktVi, U -Tutk-1, U -Tutk-2). Do not urinate for a minimum of 4 hours before giving the sample. The morning fasting sample is the most recommended sample format – avoid eating and drinking during the night. You can have a glass of water in the morning.
- EXFOLIATIVE CYTOLOGY OF THE URINE**(U -Syto-1). Approximately two hours before collecting the sample, empty the bladder and drink 0.5–1 litres of water. The sample is collected in the laboratory.

### SECRETION EXAMINATIONS

- THROAT SWAB** (Ps-StrAg, Ps-StrVi)  
Do not eat or drink anything before sampling (rinse effect).  
Also avoid mouthwashes and other throat disinfectants for two (2) hours before sampling.
- OTHER CULTIVATION EXAMINATIONS** (for example stool and urine bacteria culture)  
Notify the laboratory of any ongoing antimicrobial therapy (antibiotics).